ARMY EXERCISES

By FRANK IDONE
OF THE TENTH FIELD BATTERY
UNITED STATES ARTILLERY.

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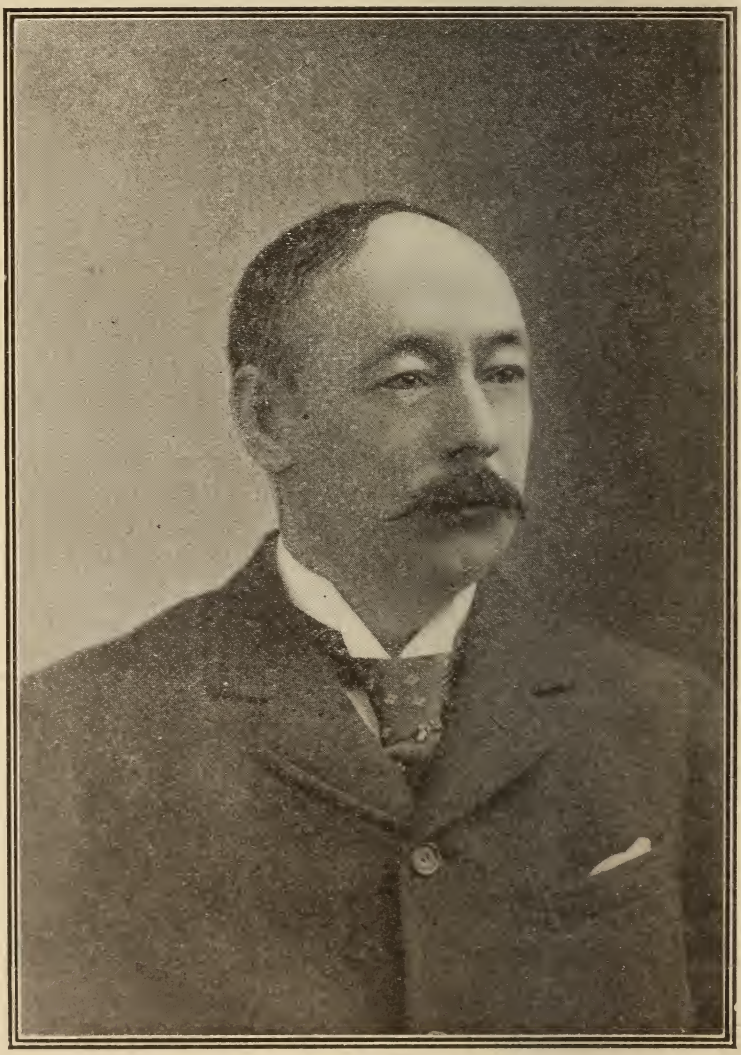

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U. S. ARMY EXERCISES

ILLUSTRATED

RE-ARRANGED FOR GENERAL USE

By Frank Idone

Veteran of the Spanish-American War, and late private in Company F, Tenth Field Battery, U. S. A.

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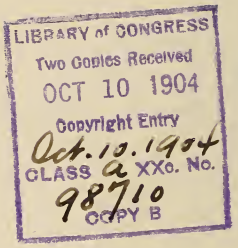

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PREFACE

A great many scoffers have called physical culture a fad, but long ago they learned their mistake. They have learned that it was only another name for that which broadened the chest, developed the muscles, and rendered a man fit to do the work of life.

Many methods have been exploited as being the best, but as a matter of fact, the best is that which happens to catch the fancy, or suit the temperament of the person who practices it.

If there is one way to get in good form, to acquire an erect carriage and to keep every part of the body in thoroughly good condition, it is by the practice of those movements known as the setting-up exercises of the United States army and navy.

There isn't a country in the world which doesn't provide some sort of physical culture training for its men in addition to the use of the sword, gun and bayonet.

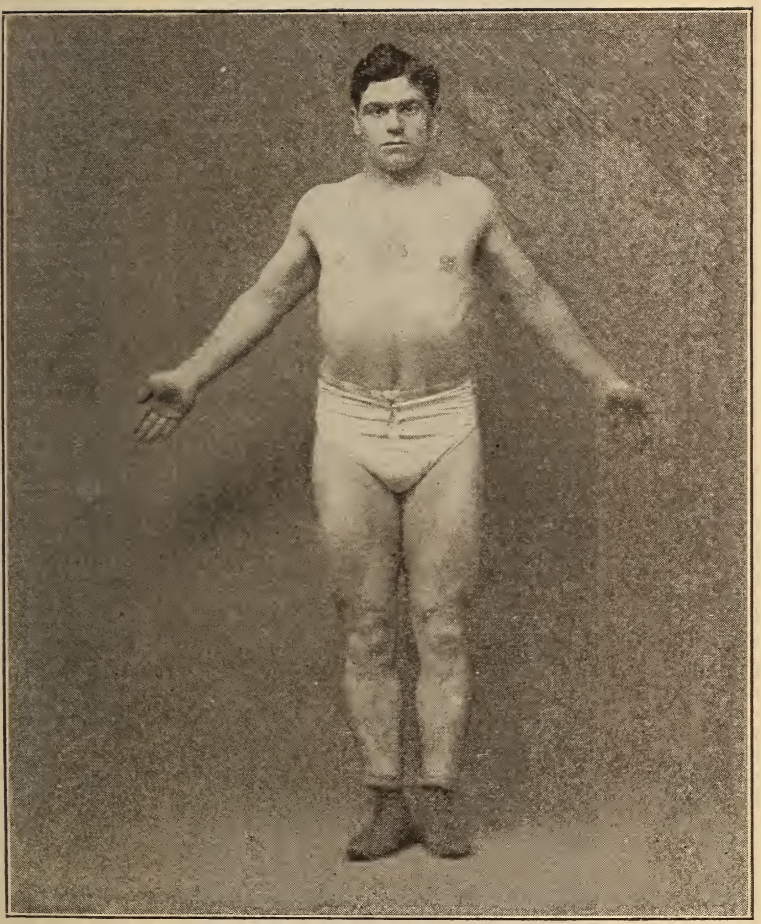
But almost every country looks upon the subject from a different standpoint, and it is quite enough to say here that these exercises which follow are about as good as any of them.

They have been posed for by Frank Idone, a wrestler of considerable ability, who from 1898 until 1901 was a private in Company F, Tenth Field Battery, United States Army. He was in the Spanish-American War and fought at Santiago. He has been under fire at Luzon in the Philippines, and when troops were ordered to China he went with his company, known at that time as the famous Fighting Fifth, under Capt. H. Reilly, who met his death in the battle near Pekin.

Idone is an athlete in the fullest sense of the word, and is possessed of tremendous strength.

In practicing these exercises the body should be held erect and rigid for the first position and the muscles contracted as much as possible. In fact, a simple contraction of the muscular system will give splendid results. All the while the work is being kept up keep the muscles tense, relaxing them only while going from one exercise to the other.

This series will be not only important, but very interesting, and physical culturists will do well to study it carefully and practice it.



FRANK IDONE.

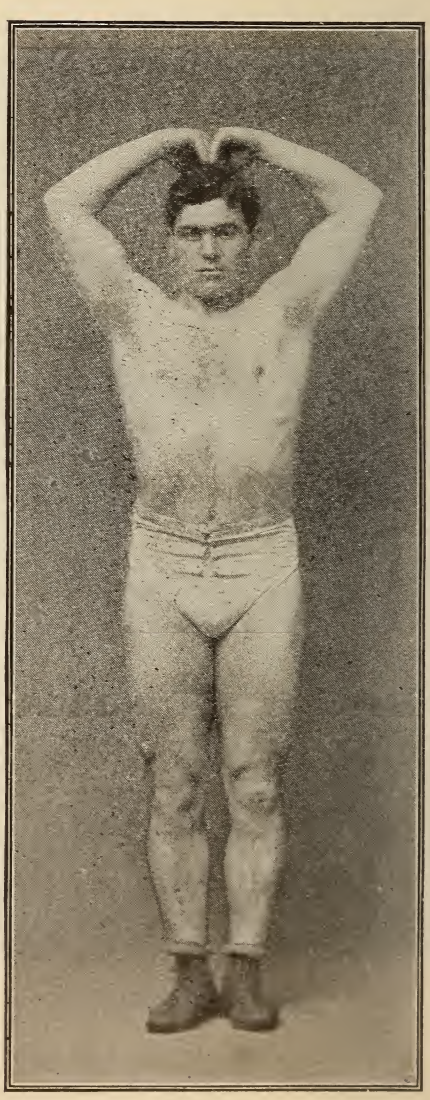


PLATE NO. 1.

Exercise No. 1.

Stand erect.

Raise the arms gradually with the palms downward until they have assumed a horizontal position.

Then bend the arms at the elbows and bring the hands into the position as shown by the accompanying figure, throwing the shoulders back as far as possible and making the muscles rigid.

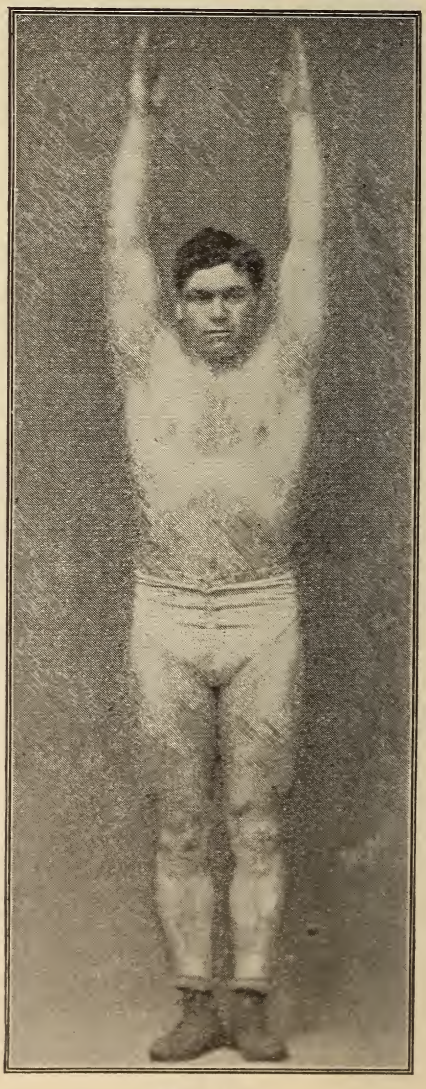


PLATE NO. 2.

Exercise No. 2.

From a position with the tips of the fingers resting on top of the head—as shown on the previous page—bring the arms to the position as shown in the accompanying plate. Then drop the hands to the sides.

Do twelve times

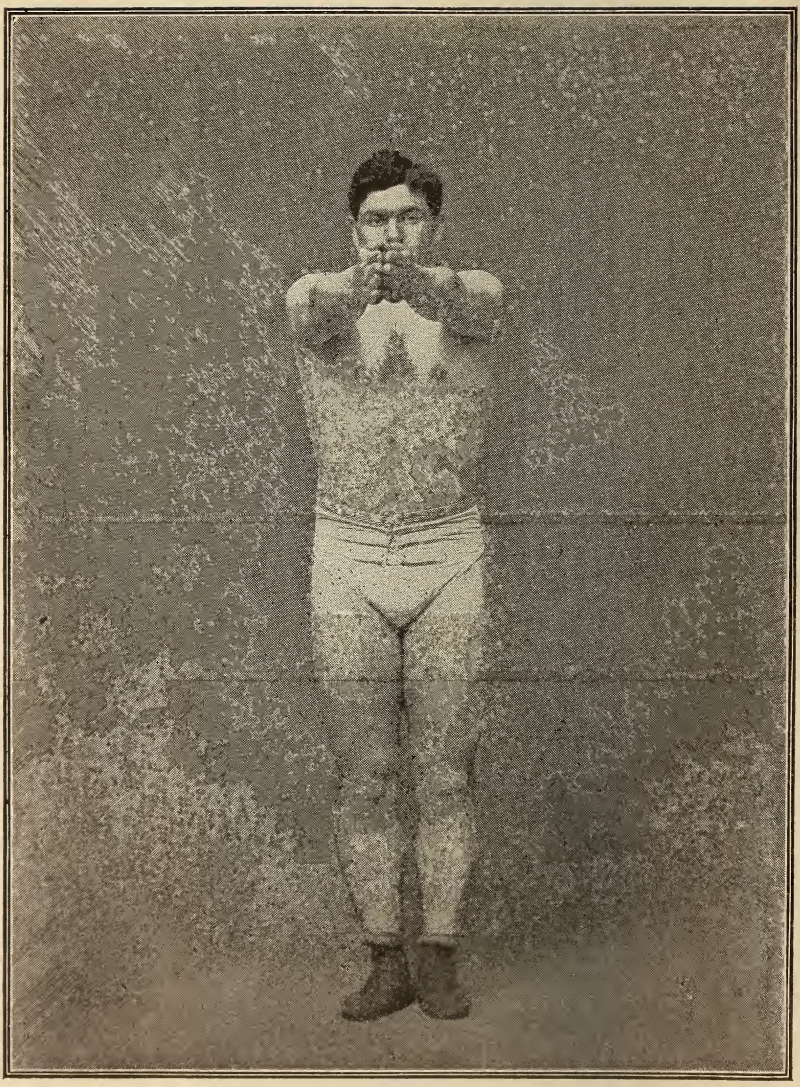


PLATE NO. 3.

Exercise No. 3.

Stand erect with the arms hanging at the sides, raise them up horizontally, then bring them to the front with the palms together.

For continuation of this exercise see Plate No. 4.

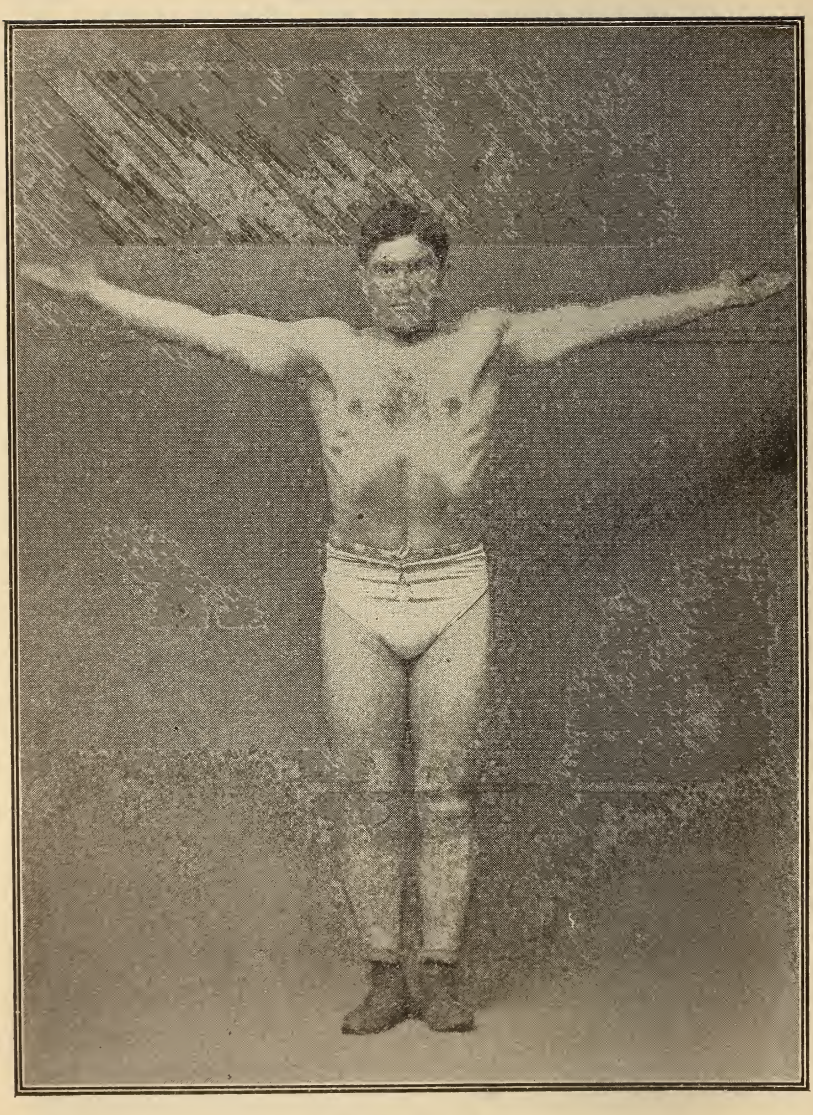


PLATE NO. 4.

Exercise No. 4.

From the position shown by Plate No. 3 bring the arms to a horizontal position again, back as far as possible, with the palms up, as shown in Plate No. 4, and raise the body on the toes.

Then drop arms to the original position. Repeat fifteen times.

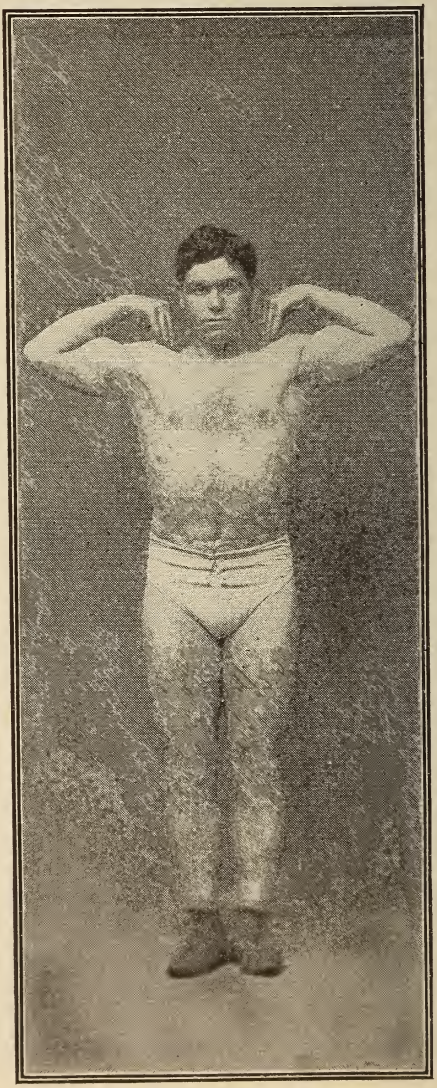


PLATE NO. 5.

Exercise No. 5.

Here is a great exercise.

Raise the arms until they are horizontally outstretched, palms upward. Then bring the hands to the position as shown on Plate No. 5.

(This exercise is continued on the following page.)

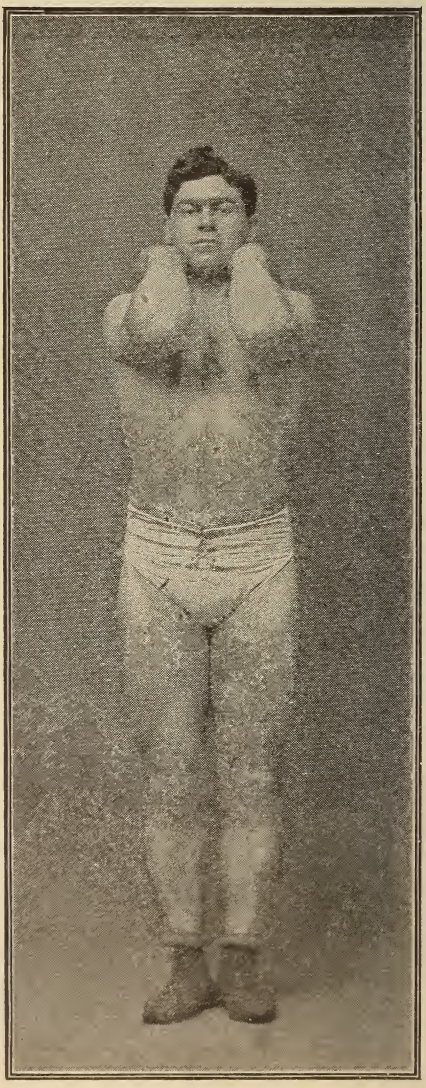


PLATE NO. 6.

Exercise No. 6.

From the position as shown by Plate No. 5 bring the elbows forward until they almost touch. Then revert to the position as shown by Plate No. 5, and force the arms back as far as possible without the tips of the fingers leaving the shoulders.

Repeat ten times.

PLATE NO. 7.

Exercise No. 7.

This exercise will help the arms and strengthen the fingers and wrists.

Raise the arms as shown by the accompanying illustration, keeping them rigid. Then close the hands tightly as possible, after which open the hands, spreading the fingers as far apart as possible.

Repeat ten times.

PLATE NO. 8.

Exercise No. 8.

Stand erect with the arms at the sides, fists clenched, as shown by Plate No. 8. Then suddenly and forcibly draw the arms up to the sides with the fists tightly clenched.

(This exercise continued on following page.)

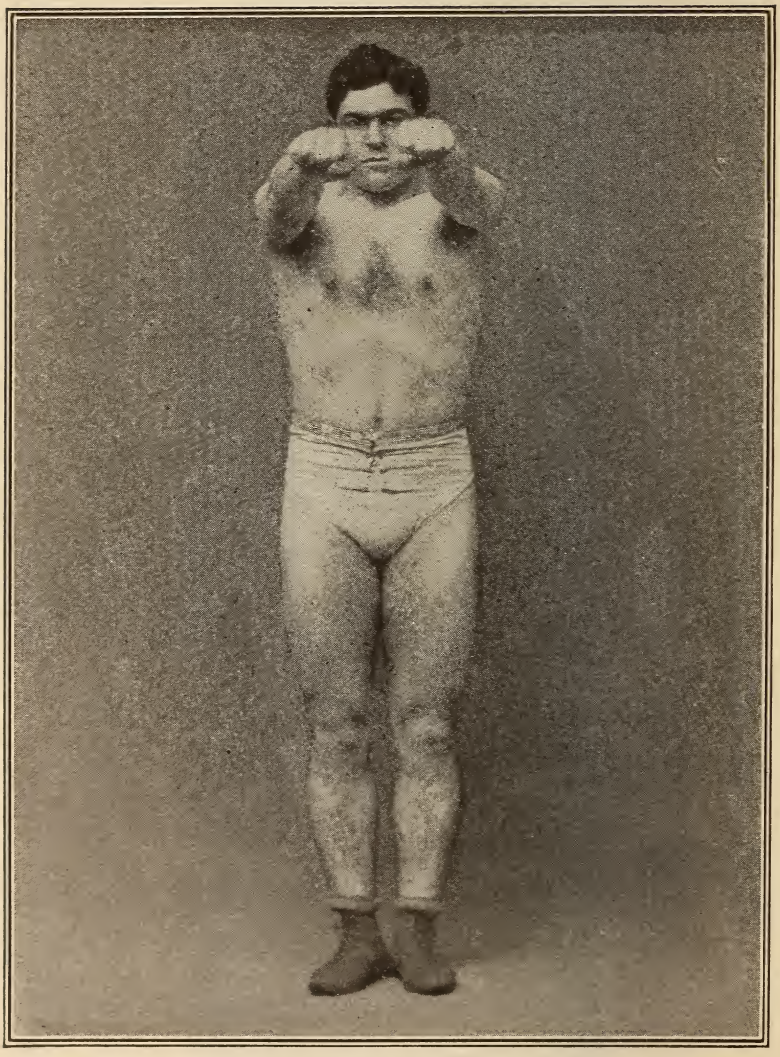


PLATE NO. 9.

Exercise No. 9.

From the position shown by Plate No. 8 suddenly and forcibly bring the arms into position as shown on Plate No. 9, with the fists still tightly clenched.

Repeat back and forth ten times.

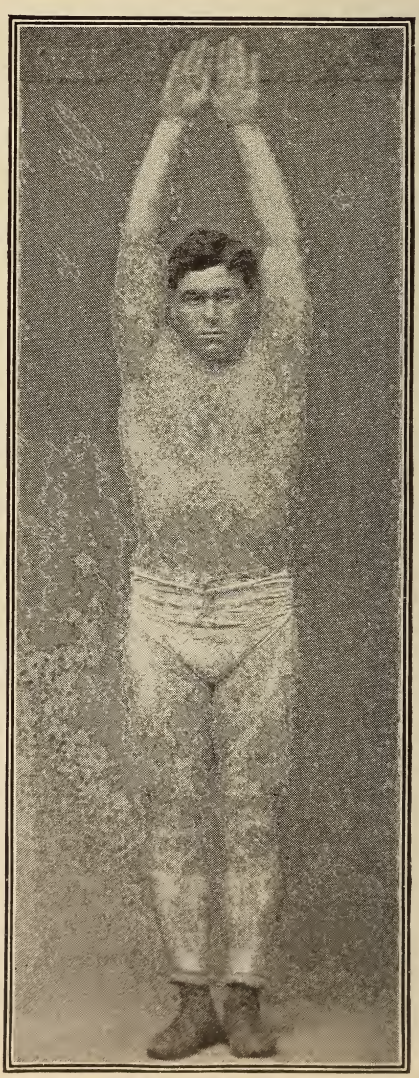


PLATE NO. 10.

Exercise No. 10.

This exercise is good for the back and the stomach. Stand erect, holding your arms at your sides. Then raise them over your head quickly, with the palms forward.

(This exercise continued on following page.)

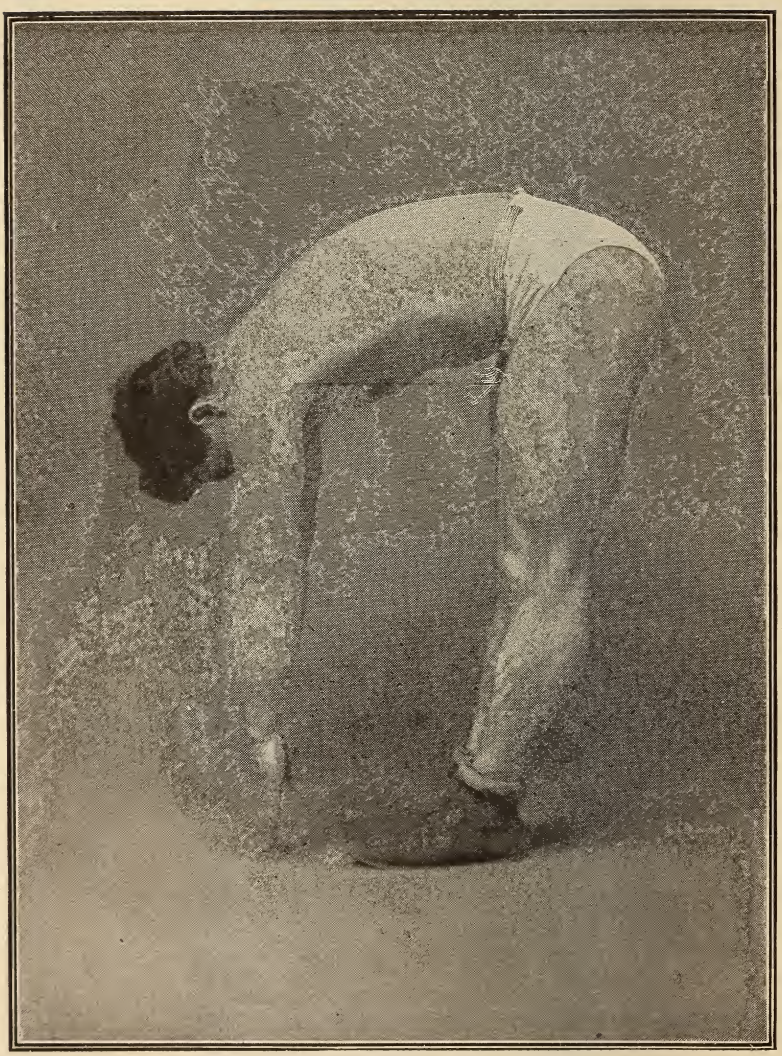


PLATE NO. 11.

Exercise No. 11.

From the preceding position, as shown by Plate No. 10, bend forward quickly and without bending the knees touch the floor with the tips of the fingers.

Repeat ten times.

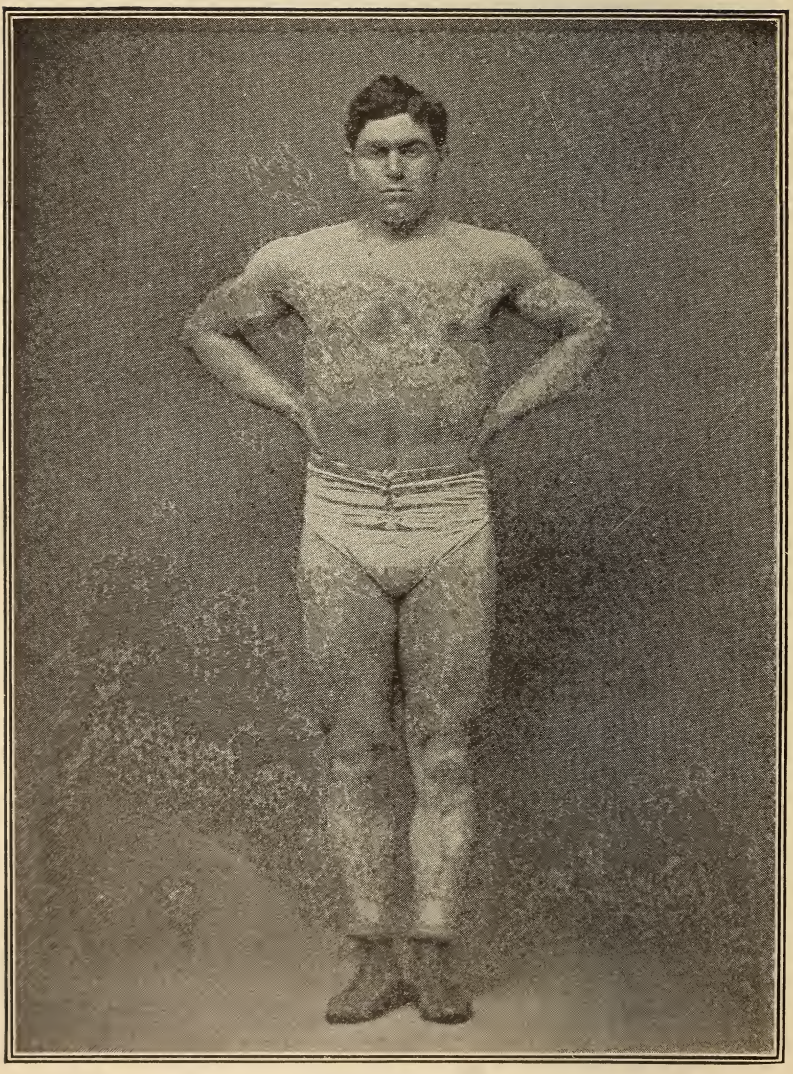


PLATE NO. 12.

Exercise No. 12.

There are four movements to this exercise, and if you have indigestion this will cure it.

Stand erect in the usual position. Then raise the hands to the hips, as shown in Plate No. 12. Keeping the hands firmly in that position, bend forward, as shown by Plate No. 13. The movements of this exercise will cure indigestion.

(Exercise continued on following page.)

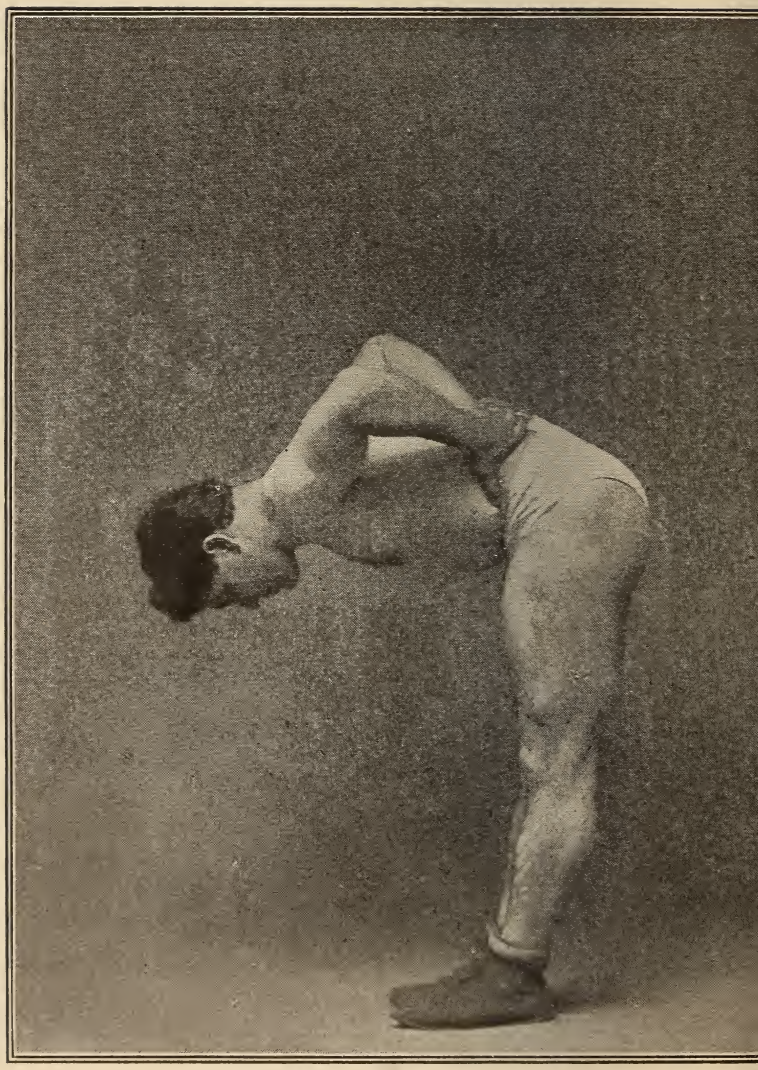


PLATE NO. 13.

Exercise No. 13.

Keeping the hands firmly on the hips bend the body forcibly forward, taking care to keep the knees straight.

(Exercise continued on following page.)

PLATE NO. 14.

Exercise No. 14.

From the position as shown by Plate No. 13, bend the body as far backward as possible, then sway backward and forward with vigor.

Repeat ten times.

PLATE NO. 15.

Exercise No. 15.

The position for this exercise is the same as that of the three previous movements, and it can be done in conjunction with them. Sway the body from side to side as far as possible.

Repeat fifteen times.

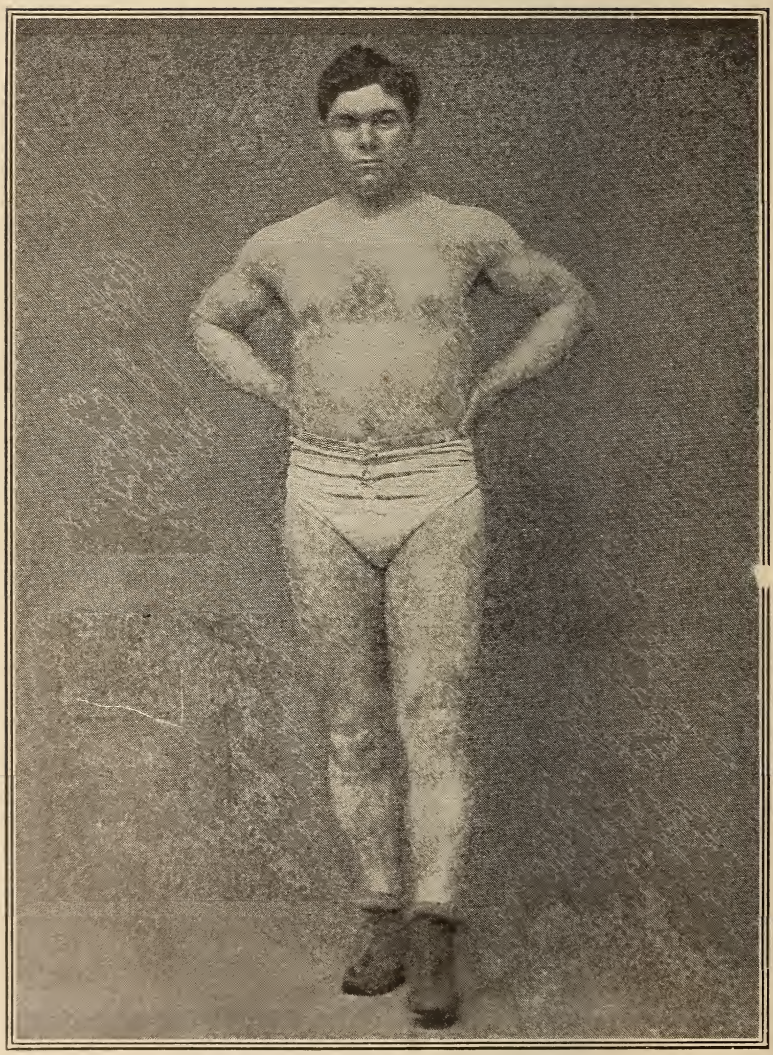


PLATE NO. 16.

Exercise No. 16.

Stand erect. Now, keeping the knee straight, swing the left leg back as far as it will go. Then, with the toe turned slightly out, swing the leg forward, keeping it perfectly straight, with not the slightest bend at the knee. Repeat with the right leg.

Do ten times with each leg.

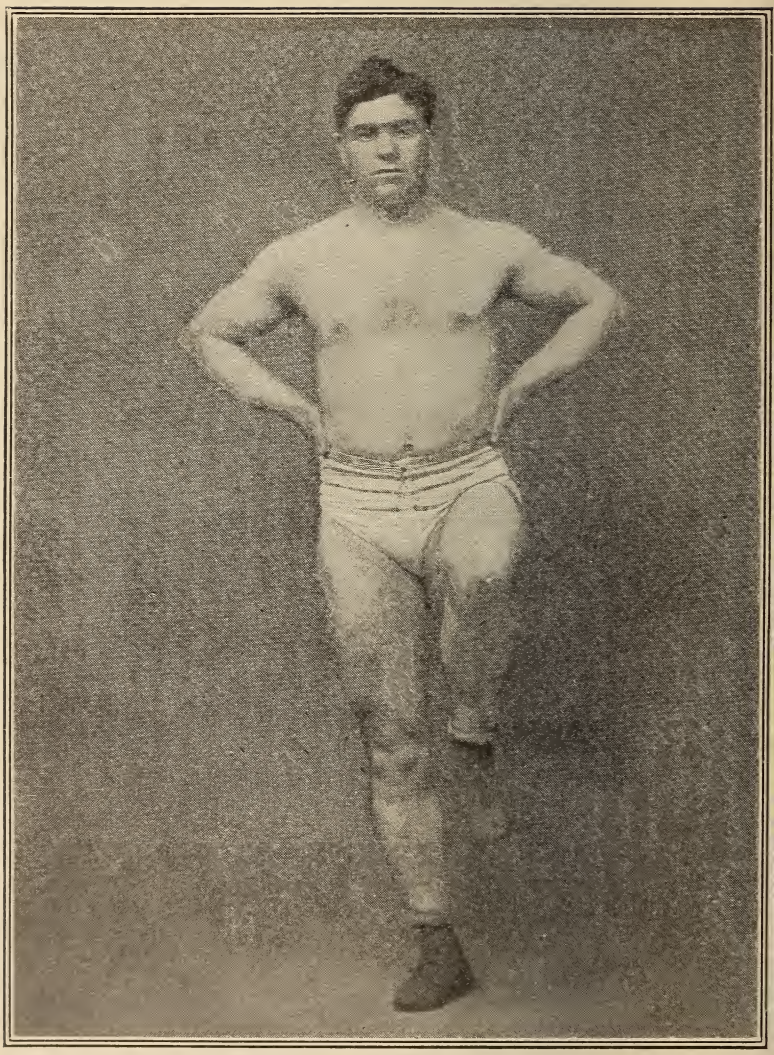


PLATE NO. 17.

Exercise No. 17.

Place the hands on the hips, thumbs forward. Then raise the left leg as high as possible with the toes pointing downward. Repeat with the right leg. Begin slowly but work faster as the exercise is repeated.

Do ten times with each leg.

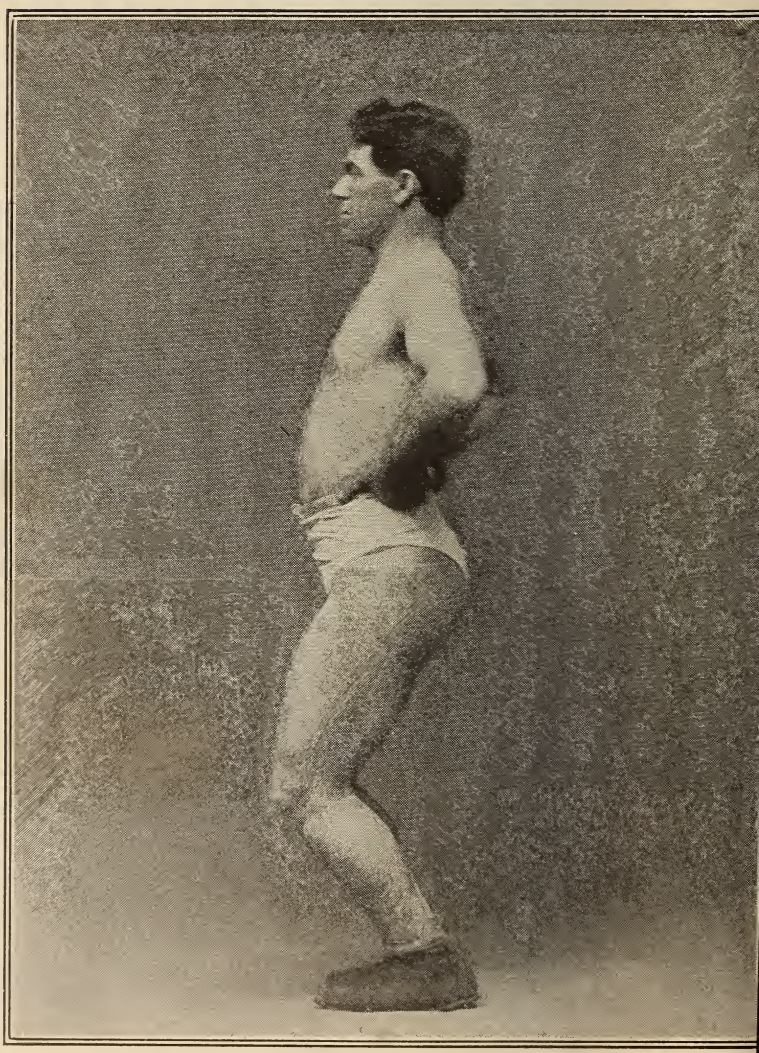


PLATE NO. 18

Exercise No. 18.

Place hands on the hips, thumbs forward, then bend the knees forward as far as possible without raising the heels from the floor, or bending or inclining the back. Straighten up and repeat.

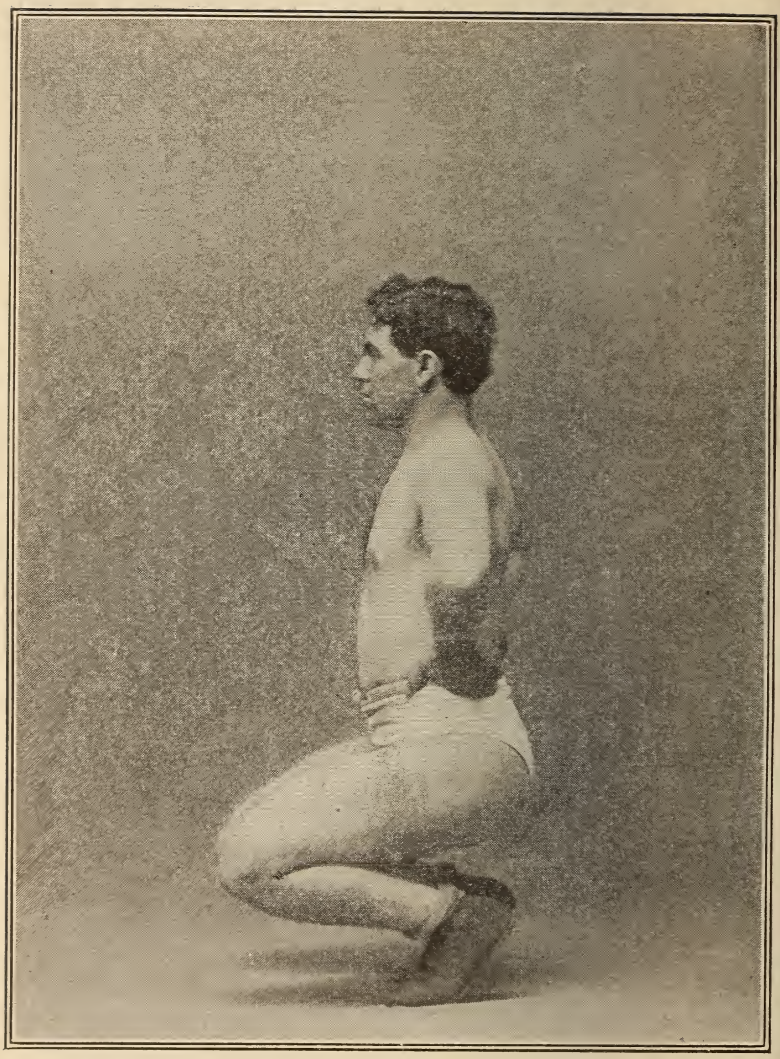


PLATE NO. 19.

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Exercise No. 19.

Place hands on the hips, thumbs forward, raise the body on the toes and then—keeping the back perfectly straight and the knees apart—drop to a sitting position as shown by the illustration opposite.

Repeat several times.

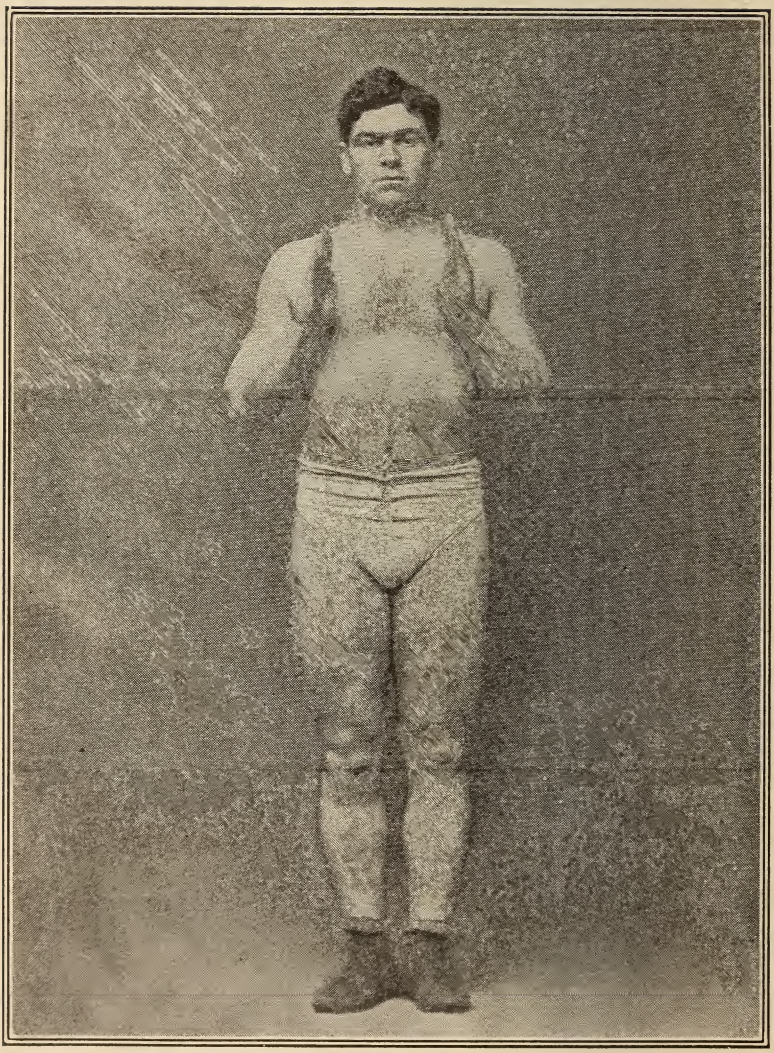

PLATE NO. 20.

Exercise No. 20.

This exercise consists of three important movements: Keeping the body perfectly erect and rigid, hold the hands in front of the chest, palms facing each other, keeping the muscles tense.

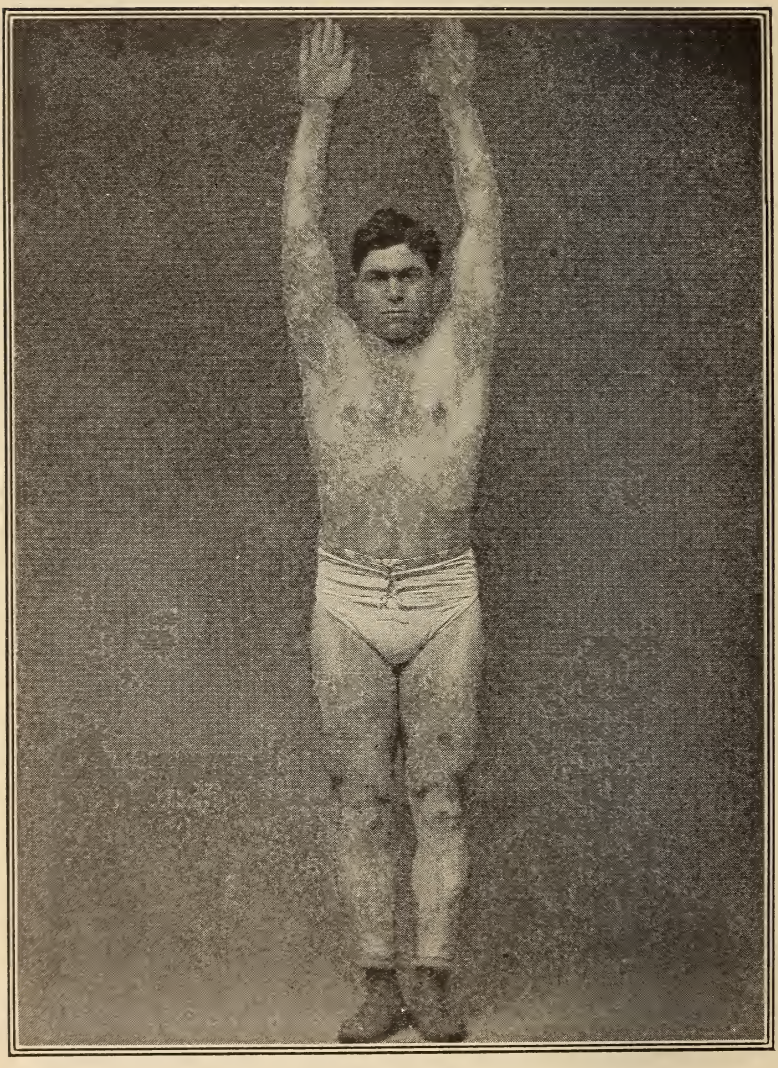

PLATE NO. 21.

Exercise No. 20 (Continued).

From the position as shown in Plate No. 20, extend the arms quickly and forcibly over the head, taking care to still keep the muscles rigid.

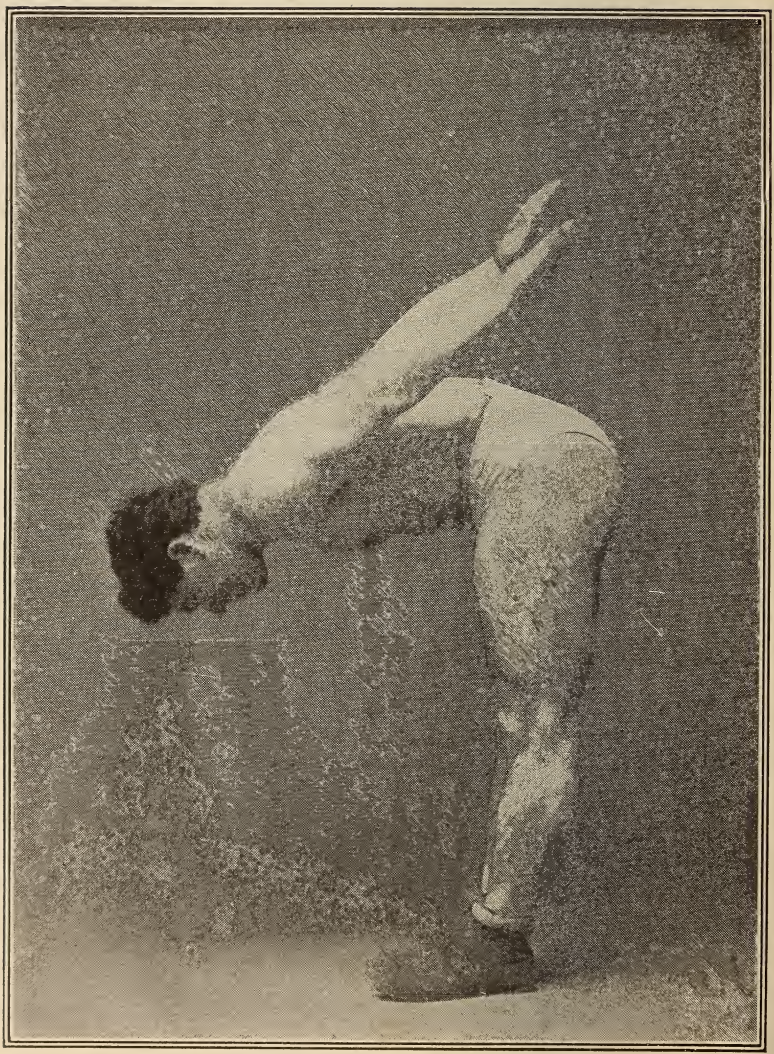

PLATE NO. 22.

Exercise No. 20 (Concluded).

From the position as shown by Plate No. 21, bend the body forward at right angles and swing the arms forcibly backward as far as they will go.

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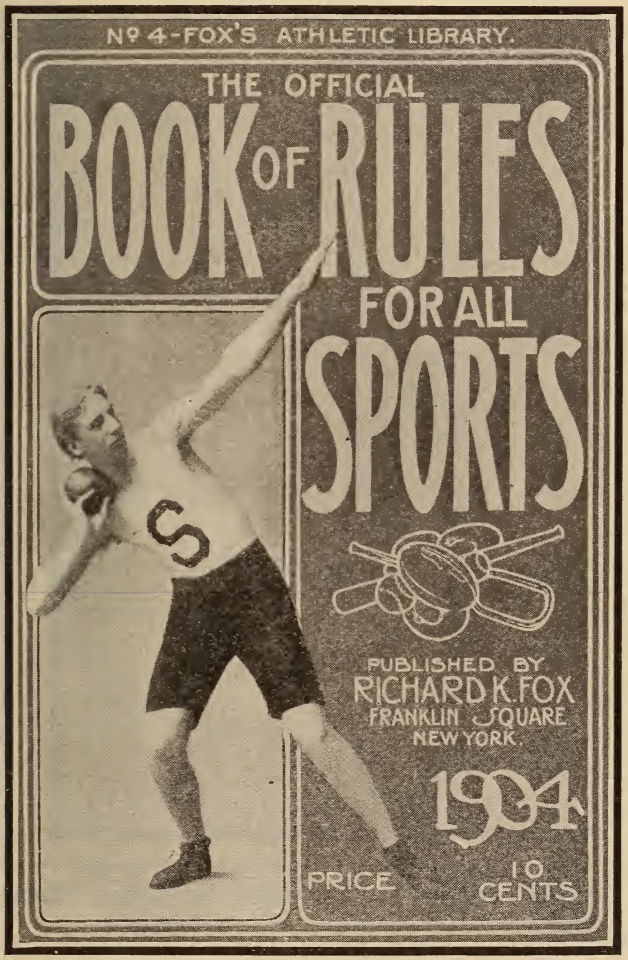

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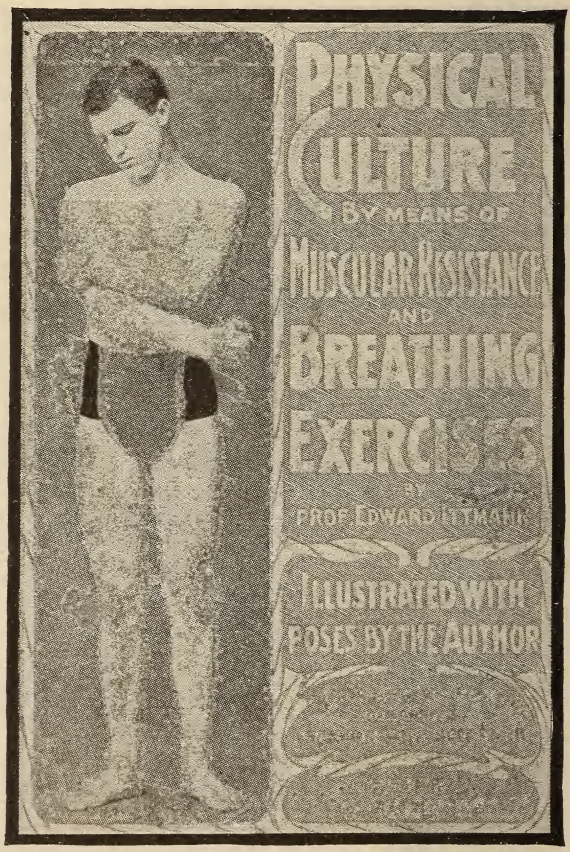

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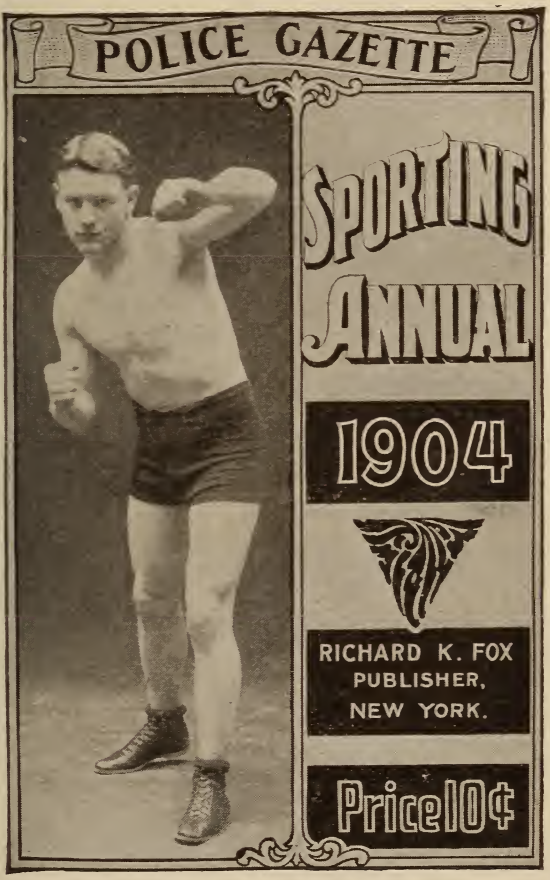

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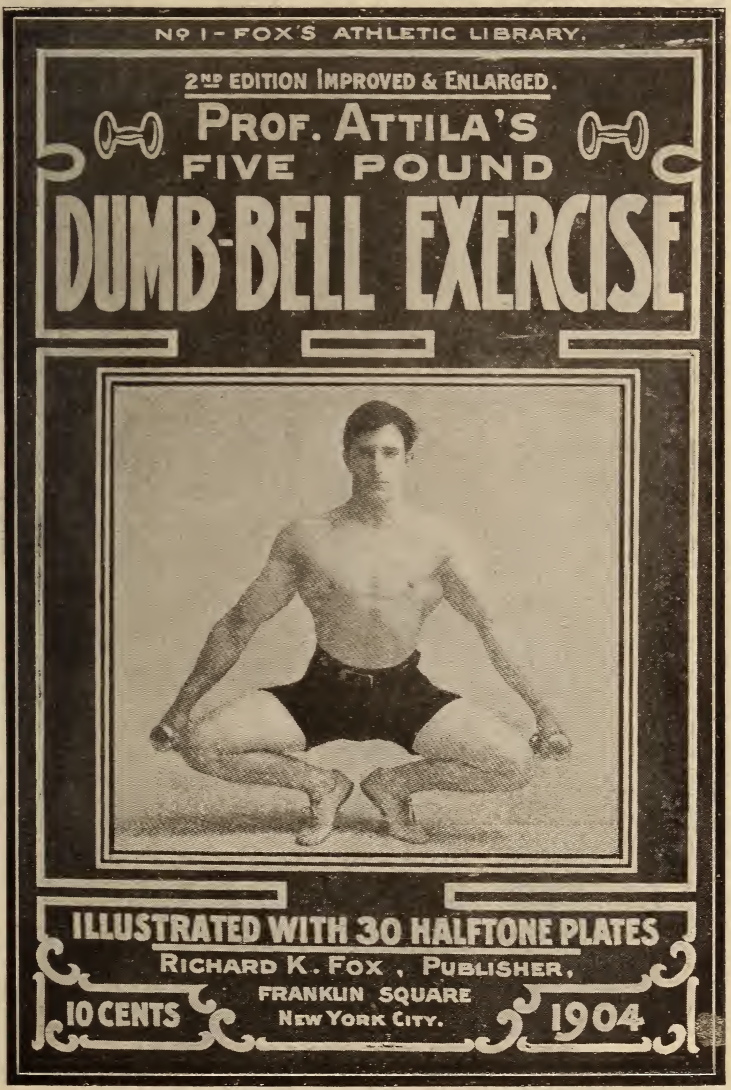

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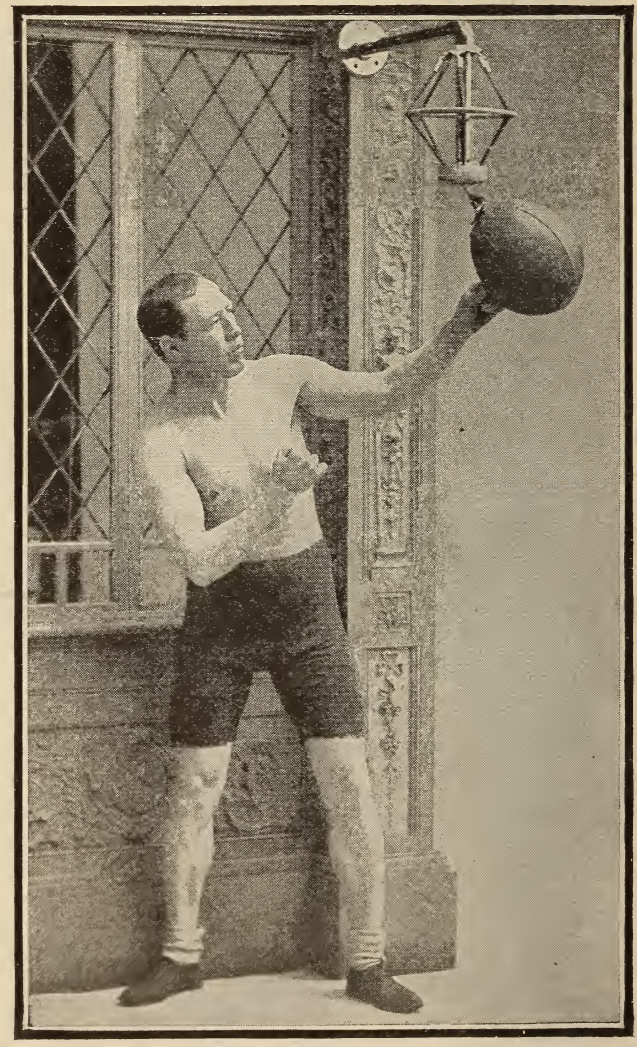

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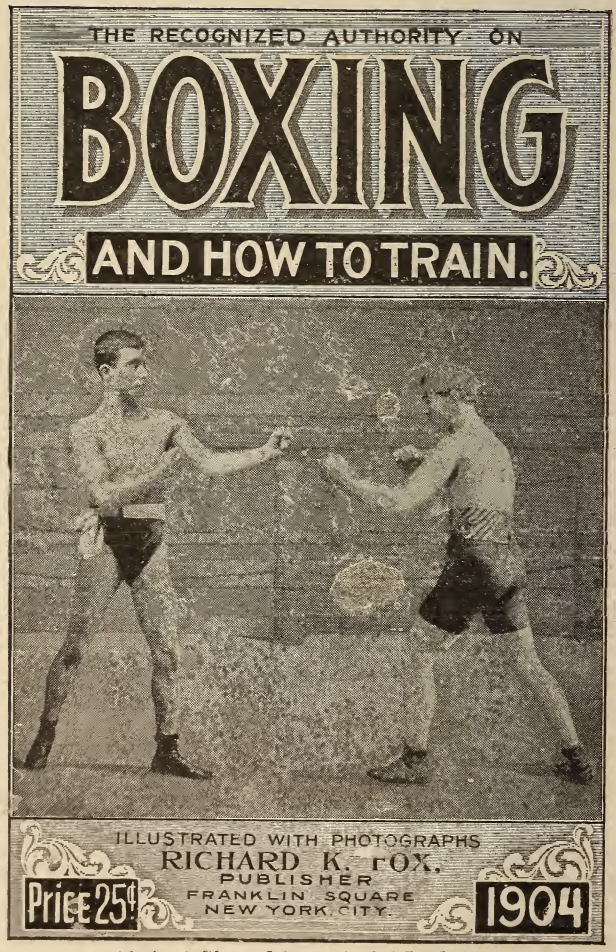

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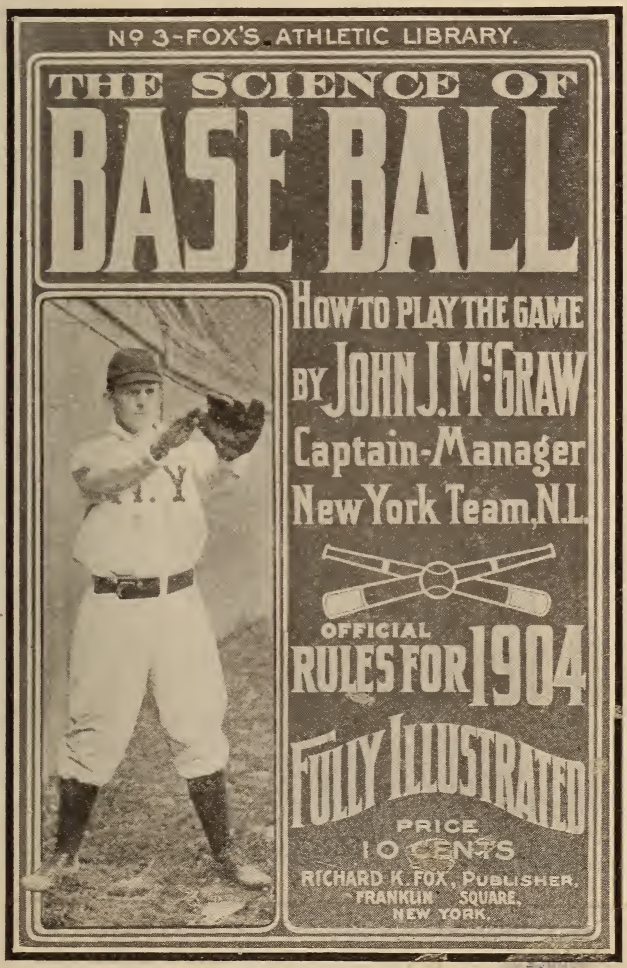

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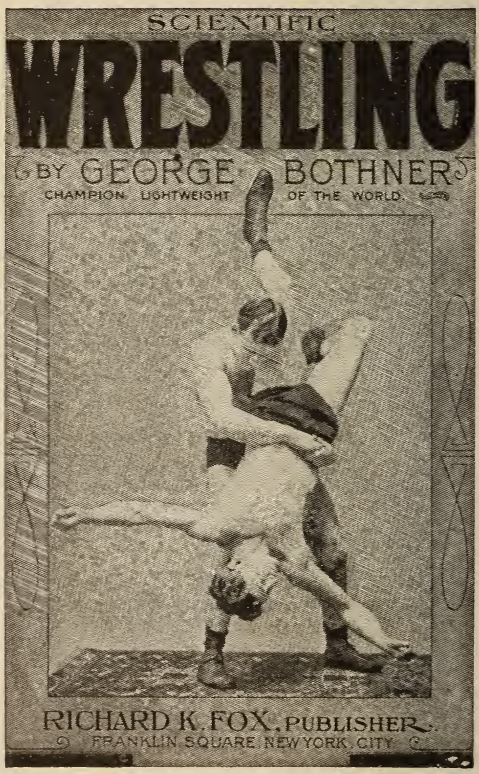

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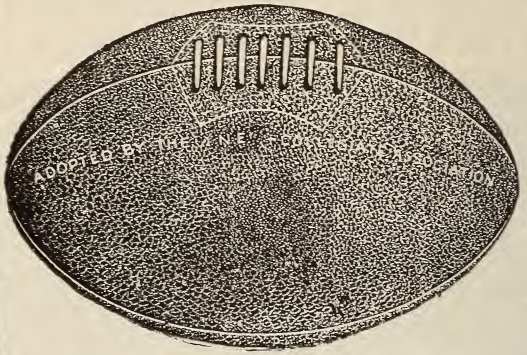

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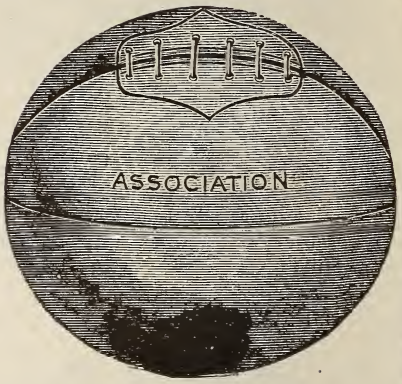

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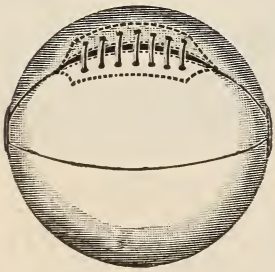

Medicine Ball.

The covers are of selected leather, stitched with strong linen thread. The exercise consists of passing the ball from one to another and the catching of it develops the chest, arms and legs and strengthens the back.

No. 1—4 lb. Ball.....	each		**$4.00**
No. 2—6 " "	"		**5.00**
No. 3—9 " "	"		**6.00**

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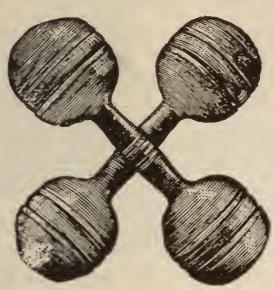
FOX'S GYMNASIUM SUPPLIES.

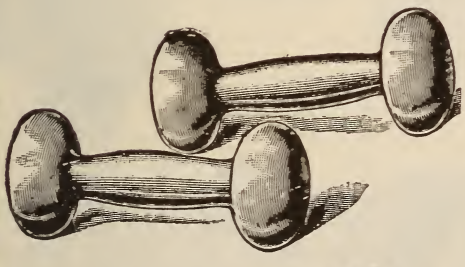
DUMB BELLS.



1-4	lb.	Pair	$0.20
1-2	"	"	.25
3-4	"	"	.28
1	"	"	.30
1 1-2	"	"	.40
2	"	"	.45
3	"	"	.50
4	"	"	.60

INDIAN CLUBS.

1-2	lb.	Pair	$0.20
3-4	"	"	.25
1	"	"	.30
1 1-2	"	"	.35
2	"	"	.40
2 1-2	"	"	.45
3	"	"	.50
4	"	"	.60
5	"	"	.70



NICKEL-PLATED DUMB BELLS.

Highly polished,
1 to 5 pounds,
per pound **10c.**

IRON DUMB BELLS.

Japanned, 1 to 40 lbs.,
per lb. 05
Japanned, 40 lbs. and over.
per lb. 08

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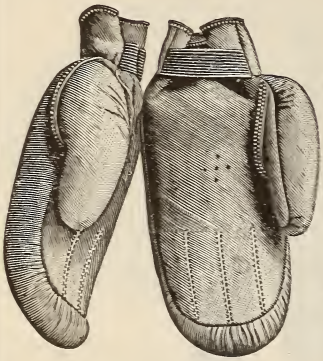
FOX'S BOXING GLOVES.

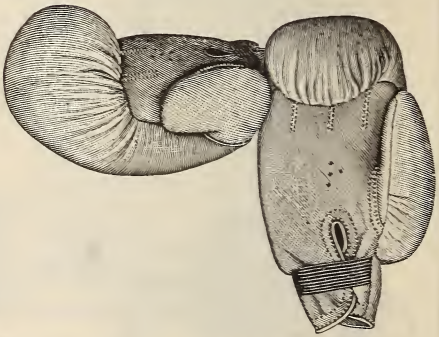


Nos. 1, 2 and 3.

No. 1 — Boys' size, made of oil tan leather; a substantial glove, hair padded. Set of four gloves,
Per set..... **$1.00**

No. 2 — Men's size, made of oil tan leather; excellent value for the price.
Per set..... **$1.50**

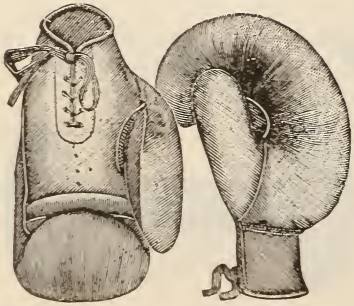
No. 3—Boys' size, made of wine-colored leather, Corbett style, and padded with good quality of hair. Per set.... **$1.50**



No. C.

No. C — Men's Boxing Glove. Made of Yucatan kid, padded with fine quality hair.

Per set **$2.00.**



Nos. 4 and 5.

No. 4—Men's size, made of finest quality Yucatan kid, Corbett style, lace wrist and padded with a superior quality of hair,
Per set..... **$2.50**

No. 5—Men's size, made of California Napa kid, Corbett style, and stitched with strongest linen thread: padded with curled hair. Per set.... **$3.00**

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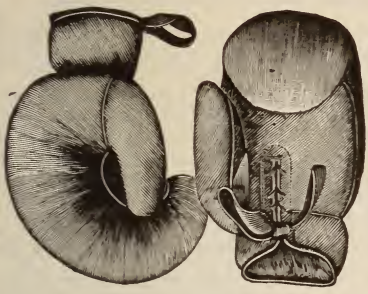
FOX'S BOXING GLOVES.



No. 6.

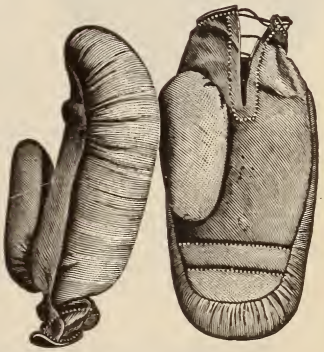
No. 6—Made of wine-colored kid and has a well padded wrist and grip. Corbett style. One of our most popular gloves.

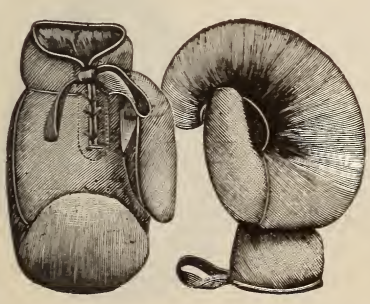
Per set, **$4.00.**

No. 7.

No. 7—Corbett style and made from fine Benton tan kid. The seams are welted and are stitched in the most approved manner with strong silk thread. The padding is the best curled hair.

Per set, **$5.00.**





No. 8.

No. 8—Made from the heaviest and best Benton tan kid, which is imported especially for the manufacture of this glove. The padding is of the best curled hair obtainable, and all the seams are welted, The gloves are fully guaranteed. Made in three weights, 5, 6 and 8 oz. each glove. Per set....**$6.00**

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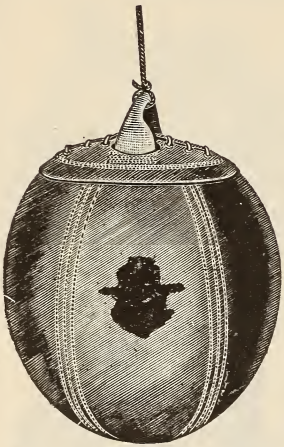
FOX'S STRIKING BAGS.



ROUND STRIKING BAGS.

No. **0**—Made of good quality wine-colored kid and packed with pure gum bladder, cord and screw eye; price.....**$1.00**

No. **1**—Made of selected wine-colored kid, and regulation size. Packed with pure gum bladder, cord and screw eye; price **$1.50**

No. **2**—Full regulation size bag, made of heavy oil tanned leather. The seams are triple stitched with waxed linen thread. Each bag has a pure gum rubber bladder, cord and screw eye. Complete in a separate box. Price.....**$2.00**

No. **3**—This bag is made from wine-colored leather, with Napa green trimmings. A strong, durable bag. Packed in a box with a gum rubber bladder, etc. Price...**$2.50**

No. **4**—Made from best Yucatan kid and sewed in the most approved manner. An exceedingly lively bag. Price.....**$3.00**

No. **6**—Made from California Napa kid and has seams stitched with triple rows of best linen thread. Each bag has pure gum bladder, cord and screw eye. Price.....**$4.00**

No. **10**—The peer of any bag made. Exceedingly lively, owing to the quality of the stock used in its manufacture, which is the best Russia calfskin obtainable. The seams are sewed by hand and reinforced in every possible way. This bag is in use by two-thirds of the gymnasiums in the United States—a fact which should be sufficient guarantee of its superiority. Price.....**$5.00**

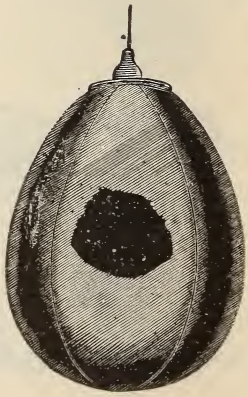
Bell Shaped Striking Bags.

No. **5**—Made from Russia calfskin, and one of the liveliest bags made. Packed complete with pure gum rubber bladder and cord in a separate box,

Price, $4.000.

No. **7**—Made from fine quality Russia calfskin and stitched with best silk thread. The liveliest bag manufactured by anybody and weighs complete with bladder, 12 oz.

Price, $5.00.



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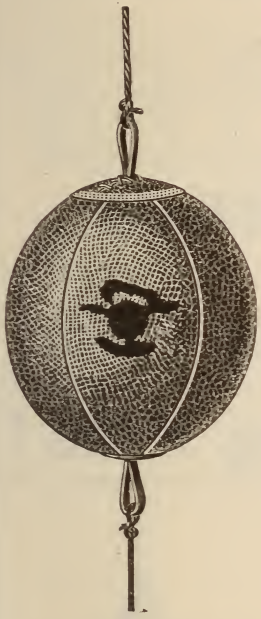
FOX'S STRIKING BAGS.



Double End Bags.

No. 1 D—Made of selected wine-colored kid, regulation size. Packed with pure gum bladder and all attachments.

PRICE, $1.50.

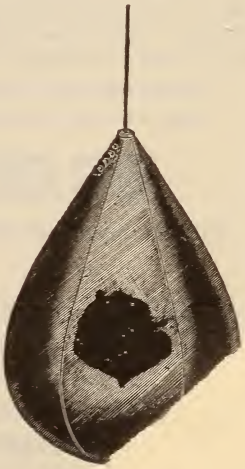
No. 2 D—Full regulation size bag, made of heavy oil tanned leather, triple stitched with waxed linen thread. The loops are extra reinforced. Packed in a box with pure gum rubber bladder, cord, elastic floor attachment and screw eyes.

PRICE $2.50.

No. 4 D—Made from finest Yucatan kid and triple stitched on reinforcements with best linen thread. Packed in a box with pure gum bladder, cord, elastic floor attachment and screw eye.

PRICE, $3.50.

Pear Shaped Striking Bags.



No. A P—Made of fine Napa kid, triple seams. 28 inches in circumference. A very lively bag and a favorite with professionals. Each..... $2.50

No. 3 P—This bag is made of wine-colored kid, has triple seams, and is 30 inches in circumference. Complete with pure gum bladder. Each.....$3.00

No. 2 P—Made of best quality Benton tan leather. Stitched with strong linen thread. Circumference 30 inches. Complete with pure gum bladder. Each.....$4.00

No. 1 P—Made of best quality selected Russia calf, with welt seams. 30 inches in circumference. A very durable bag. Complete with pure gum seamless bladder. Each..... $5.00

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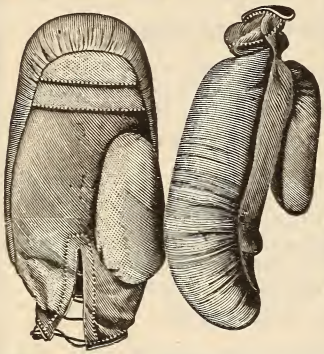
Boxing Gloves Free!



A FINE SET OF GLOVES MADE OF THE BEST YUCATAN KID AND FILLED WITH SUPERIOR QUALITY HAIR, LACE WRIST, CORBETT STYLE WILL BE GIVEN AS A PREMIUM TO ANYONE SENDING

$6.00

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REGULATION SIZE, MADE OF HEAVY OIL TANNED LEATHER, SEAMS ARE TRIPLE STITCHED WITH WAXED LINEN THREAD, PURE GUM RUBBER BLADDER, CORD AND SCREW EYE.

A SUPERIOR BAG IN EVERY WAY.

FREE TO YOU ON RECEIPT OF

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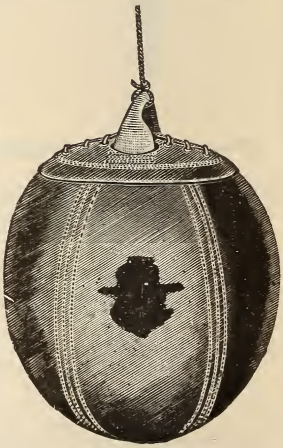

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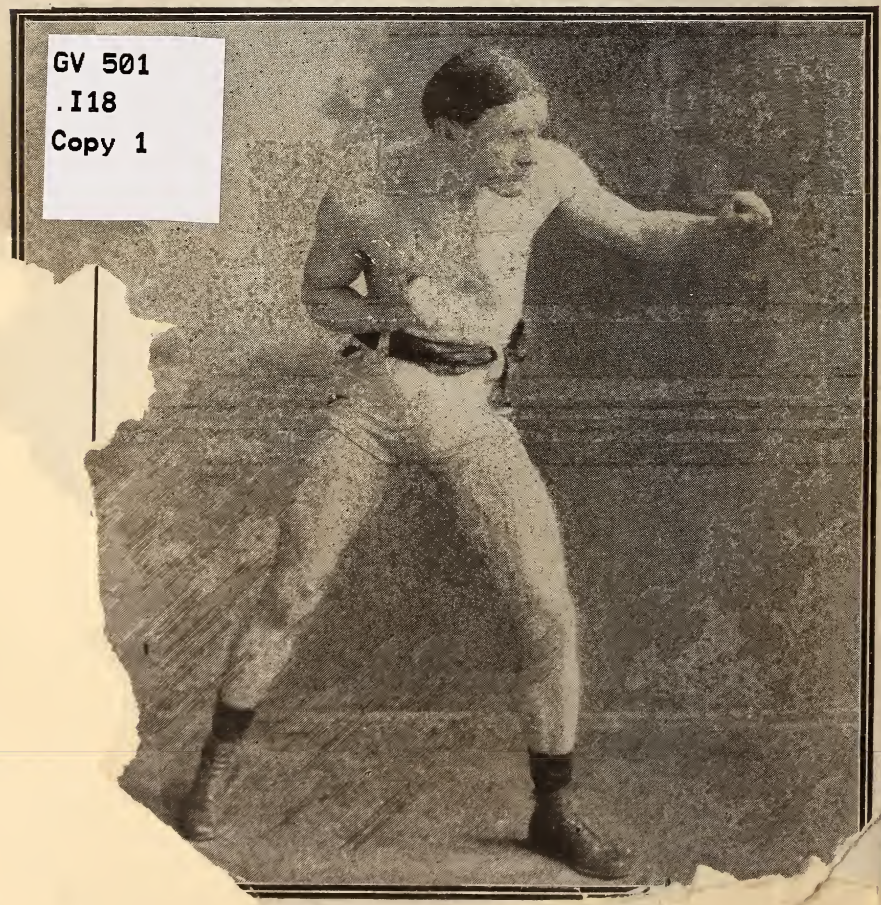
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